

Making Every Bite Count



Activity 1: Match the activity to the guideline.

Group Name: _____

Activity	Guideline
1. At Burger King last night, Tom selected a BK Broiler rather than the Bacon Double Cheeseburger.	
2. While preparing chicken soup, Doreen used a combination of herbs rather than the canned broth she usually uses.	
3. For breakfast Jim had whole grain toast with a banana.	
4. Rita's young children asked for soda and a candy bar for their afternoon snack, but they were excited when Rita served them a fresh peach crumble she had prepared while they were at school.	
5. Jill walks 30 minutes each day after school	
6. When preparing pancakes for breakfast, Jane used canola oil rather than the bacon fat called for in the recipe.	
7. Yesterday, Lois included a banana and orange in her breakfast. For lunch she had a salad and a roll and for dinner she had pasta primavera, a salad and fruit cup for dessert.	
8. When preparing chicken for dinner, Annemarie used a thermometer to be sure the chicken was cooked to 165°.	
9. While at the football game, Marc had one beer while some of his friends had four.	
10. At dinner at Isabella's Restaurant, Miriam and George shared a pasta entrée.	